



All-American Beef & Pork Rice Bowl

with Cheddar Cheese & Burger Sauce

KIWI FLAVOURS

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Sweetcorn



Tomato



Beef & Pork Mince



Tomato Paste



All-American Spice Blend



Baby Leaves



Burger Sauce



Shredded Cheddar Cheese



Beef & Pork Mince

Prep in: **15-25 mins**
Ready in: **15-25 mins**

Here's a fun idea for tonight's dinner, burgers without the buns! Let's cook tender beef & pork mince in a flavourful tomato sauce, and serve it on top of fluffy rice with some fresh and bright veggies. Don't forget the burger sauce, this meal wouldn't be complete without it.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
carrot	1	2
sweetcorn	1 medium tin	1 large tin
tomato	1	2
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
beef & pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3595kJ (859Cal)	790kJ (189Cal)
Protein (g)	39g	8.6g
Fat, total (g)	40.3g	8.9g
- saturated (g)	13.7g	3g
Carbohydrate (g)	87.2g	19.2g
- sugars (g)	13.3g	2.9g
Sodium (mg)	1238mg	272mg
Dietary Fibre (g)	8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4758kJ (1137Cal)	820kJ (196Cal)
Protein (g)	65.8g	11.3g
Fat, total (g)	59.5g	10.3g
- saturated (g)	21.2g	3.7g
Carbohydrate (g)	87.2g	15g
- sugars (g)	13.3g	2.3g
Sodium (mg)	1296mg	223mg
Dietary fibre	8g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW23



1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain and set aside.

3



Cook the sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef & pork mince** and **carrot**, breaking up with a spoon, until mince is browned, **4-5 minutes**.
- Reduce pan to medium, add **tomato paste** and **All-American spice blend**, and cook until fragrant, **1-2 minutes**.
- Add the **water** and cook until slightly reduced, **1-2 minutes**. Remove from heat and season.

Custom Recipe: If you've doubled your beef & pork mince, cook in batches for best results.

2



Get prepped

- Meanwhile, grate **carrot**. Drain **sweetcorn**. Slice **tomato** into rounds.

Little cooks: Older kids can help grate the carrot under adult supervision.

4



Serve up

- In a large bowl, combine corn, tomato, **baby leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide rapid rice between bowls. Top with beef and pork mixture and corn salad.
- Serve with **burger sauce** and **shredded Cheddar cheese**. Enjoy!

Little cooks: Kids can help combine the ingredients for salad.

Rate your recipe

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